



Everything But The Chef

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WK02
2016



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Summer Ratatouille with Balsamic Reduction

There's no better meal in Summer than something that takes a mere 10 minutes to prepare, is deliciously satisfying and full of colour. The blushing red and brilliant green of the oven roasted capsicum and zucchini in this dish are a nod towards the colours of the season. When you don't eat meat, there's no better replacement for a table centrepiece than haloumi with its satisfying texture and bite. We think this one will seriously impress at your BBQ.

Prep: 10 mins
Cook: 25 mins
Total: 35 mins

level 2

veggie

Pantry Items



Olive Oil



Balsamic Vinegar



Brown Sugar



Red Capsicum



Red Onion



Zucchini



Parbaked Sourdough Bread Roll



Garlic



Haloumi



Parsley

2P	4P	Ingredients
1	2	red capsicum, cut into thick strips
1	2	red onion, cut into wedges
1	2	zucchini, cut into 5 mm thick ribbons
1 tbs	2 tbs	olive oil *
¼ cup	½ cup	balsamic vinegar *
2 tsp	1 tbs	brown sugar *
1	2	parbaked sourdough bread roll, halved lengthways
1 clove	2 cloves	garlic, peeled & halved
1 block	2 blocks	haloumi, sliced
½ bunch	1 bunch	parsley, finely chopped

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2310	Kj
Protein	28.3	g
Fat, total	33.5	g
-saturated	17	g
Carbohydrate	29.4	g
-sugars	14.9	g
Sodium	1420	mg

Measuretool

0 cm	1 cm	2 cm



You will need: chef's knife, chopping board, oven tray lined with baking paper, small saucepan, medium frying pan, and a large bowl.

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Toss the **red capsicum**, **red onion** and **zucchini** in the **olive oil**. Place on the prepared oven tray and season with **salt** and **pepper**. Cook in the oven for **25 minutes** or until the vegetables are tender and slightly charred.



3 Meanwhile, place the **balsamic vinegar** in a small saucepan and bring to the boil over a high heat. Reduce the heat to medium and add the **brown sugar**. Cook, stirring, until the sugar has dissolved. Gently simmer the mixture for **4-5 minutes** or until it's syrupy. Remove from the heat to cool slightly. It will continue to thicken off the heat.

WARNING: When vinegar is being reduced it lets off a very strong vapour. Don't put your head directly over the saucepan or it may sting your eyes.



4 Drizzle the cut side of the **parbaked sourdough bread roll** with a little olive oil and place in the oven facing up for **5 minutes** or until toasted. Rub the toasted halves of the roll with the **garlic cloves**.

5 Meanwhile, heat a medium frying pan over a medium-high heat. Add the **haloumi** and cook for **1 minute** on each side or until cooked through and golden brown.



6 In a large bowl combine the roast vegetables, haloumi, and the **parsley**. Divide between plates and drizzle with the reduced balsamic vinegar.

Did you know? The use of balsamic vinegar in cooking can be dated back to 1046! Traditionally, it was aged for a minimum of 12 years!